



GARDEN GAZETTE

AUGUST 2009

UAB SCHOOL OF OPTOMETRY

Date: August 13th

Time: 8:30 AM—11:30 AM

Where: Activity Trailer



The Examinations are by Appointment Only.

Please Contact Cathy or Amy at 841-5032 to set up an appointment.

TIPS FOR IMPROVING THE MENTAL HEALTH OF OLDER ADULTS



Exercise your mind & body: Challenge yourself with a jigsaw puzzle, solve riddles or read a book. Keeping your mind alert and healthy is a great way to maintain your mental health. While it is important to keep your mind active it is also important to keep yourself physically active.

Go for a walk: Regular exercise is a great way to maintain a healthy lifestyle. Enjoying a long walk at a moderate pace allows you to reflect on your day while getting the blood flowing. You can even make this a social event & invite friends.

Get plenty of rest: Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Devote a full 7-8 hours of sleep each night to sustain a proper balance of physical & mental health.

If you have called for Maintenance to perform maintenance on your apartment, please leave one of your screen doors unlatched. This will cut down on time waiting for the door to be unlocked and enable us to get your maintenance issue resolved quicker.



Thank you for your help in this matter.

Cathy King is off for Vacation!

August 6th – August 11th.

Karen will be off August 20 & August 21st.

Call Kim or Amy at 841-5032 if you need assistance.

AUGUST 2009

CONSTRUCTION UPDATE FROM KIM



I hope all of you are as excited as the staff is by how fast our new Center is going up! We have a basement, yea! We have the metal things that will hold up the main floor, yea! They are working towards finishing up the metal things and then they will pour the remaining concrete pad sometime in August, yea!

Watch Your Speed

Please remember our **10 MPH speed limit**. The heavy equipment and large trucks have started coming on property so all of you need to slow down! Also, be mindful of the new holes in the roads the dump trucks are leaving. They will be filled with gravel at the end of each day but it may make it harder for wheel-chairs to drive on.

Feeding The Birds

We have been invaded by pigeons! They are coming in from the city all because some of you forgot, **YOU DON'T FEED BIRDS IN THE SUMMER, MOTHER NATURE DOES THAT!** Not only are pigeons messy, they attract rodents, **RATS** and rats attract **SNAKES!** In addition, bird droppings are highly acidic and can corrode building materials such as wood, steel, brick, shingles and concrete. Another reason to stop attracting the pigeons is that birds, bird droppings, and nesting material can carry over 60 different fungal, bacterial, and viral diseases that can be passed to humans and animals. Birds are carriers of the West Nile virus and Bird Flu. Pigeons are especially bad because they travel in such large flocks.

So, new rule, **STOP FEEDING THE BIRDS!**

Thanks again for
you patience!

Kim Mason,
Manager



SPECIAL BINGO

Special Bingo with
Belinda Southern
from Life Care Hospice
Date: August 3rd
Time: 9:30 AM
Where: Activity Trailer



Special Bingo with
Sonia Nichols
from Southern Care
Hospice
Date: August 10th
Time: 9:30 AM
Where: Activity Trailer

PLEASE NOTE THE CHANGE IN LUNCH TIME:

HOT LUNCHES ARE SERVED DAILY AT 12:00 NOON.

PLEASE BE THERE BY 11:45 FOR SEATING



Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. Call Karen at 808-4425 for more information.

KEEP IN MIND THAT THESE SERVICES ARE AVAILABLE AT SPRING GARDENS.



Nutritionists through OSCS visit every other month for diet information and assistance.

Health Educator Cathy King, RN, does weekly health checks every Wednesday from 1:00 PM until 4:00 PM in the Activity Trailer.

Bob Dismukes from Jernigan's Healthcare visits every month to assist with your medical supply and equipment needs from 1:00—3:00 PM on the third Wednesday of the month. Call Cathy at 841-5032 for questions or more information .

Amy Mims and Nita Clark are now Notaries Public. If you need important documents notarized they are at your service. Call Amy Mims at 841-5032 or Nita Clark at 808-4177.



Medical Aids

PICKIN' AND GRINNIN'

COUNTRY-WESTERN & GOSPEL MUSIC
FUN AND FELLOWSHIP

ON AUGUST 28TH BRING A LIGHT SNACK

2nd Friday, will be the Southern Drifters

4th Friday, will be the Brookridge Drifters

August 14th and August 28th,
2009

TIME: 6:30—9:00 PM
WHERE: Activity Trailer



WEEKLY EXERCISE IS BACK!

Weekly Exercise Classes are back
and better than ever!

Do you remember the old Chicken Fat Exercise?

Want to learn to Line Dance?

Enjoy exercising to the Oldies?

Join Leslie Davis from "Smart Moves"
every Wednesday at 1:00 P.M. in the Activity Trailer.



ARE YOU DRINKING ENOUGH FLUIDS?

The heat of summer is here and we all need extra fluids. However, we should get enough of the right kind of fluids to avoid health problems. Stay away from alcohol, caffeinated, and carbonated drinks that can actually add to dehydration. Eight - 8 ounce glasses a day of water, or a "good" fluid, are recommended for most people. Consider lemonade as a refreshing treat.

Pay attention to what your body is telling you. Headaches, confusion, and tiredness can all be symptoms that you are not giving your body the fluid it needs.



FRESH PRODUCE

Every Wednesday at 1:30 PM
The Fresh Produce truck will be at the
Activity Trailer.

Remember to keep saving your pull tops
from any type cans for the Ronald McDonald
House. During lunch you can drop them into
the collection house at the Activity Trailer.



August 2009

August 2009							September 2009						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 9:00am 10:00am Special BINGO 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Foodland & Banks	August 4 12:00pm 1:00pm Lunch Time	August 5 12:00pm 1:00pm Lunch Time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:00pm Knart * 1:30pm 2:00pm Produce Truck	August 6 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Walmart	August 7 12:00pm 1:00pm Lunch Time
August 10 RENT DUE BY THE 10TH 9:00am 10:00am BINGO 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Foodland & Banks	August 11 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Knart	August 12 12:00pm 1:00pm Lunch Time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:00pm Produce Truck	August 13 8:30am 11:00am UAB School of Optometry FREE Eye Screening 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Walmart	August 14 12:00pm 1:00pm Lunch Time 6:00pm 9:00pm -Pickin' & Ginnin'
August 17 9:00am 10:00am BINGO 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Foodland & Banks	August 18 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Knart	August 19 12:00pm 1:00pm Lunch Time 1:00pm 4:00pm Health Cks 1:00pm 3:00pm Jernigans Equip Ck 1:00pm 2:00pm EXERCISE CLASS 1:30pm 3:30pm Walmart * 1:30pm 2:00pm Produce Truck	August 20 Karen Off for her son's wedding	August 21 12:00pm 1:00pm Lunch Time
August 24 9:00am 10:00am BINGO 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Foodland & Banks	August 25 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Knart	August 26 12:00pm 1:00pm Lunch Time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:00pm Produce Truck	August 27 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Walmart	August 28 12:00pm 1:00pm Lunch Time 6:00pm 9:00pm -Pickin' & Ginnin'
August 31 9:00am 10:00am BINGO 12:00pm 1:00pm Lunch Time 1:30pm 3:30pm Foodland & Banks	August 31	August 31	August 31	August 31

All Store Trips Are Free. There is a 5 rider minimum and a 12 rider maximum 2nd Trips will be taken when more than 12 seated riders or a 2nd wheelchair rider wants to go

Noon Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 1 Blended Juice Chicken Chili Mac Green Beans Glazed Carrots White Bread Margarine Apple Spice Cookie Milk</p>	<p>Menu 2 BBQ Meatballs Yellow Rice Garden Vegetables Fresh Fruit Texas Bread Margarine Orange Pineapple Gelatin Milk</p>	<p>Menu 3 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk</p>	<p>Menu 4 Cranberry Juice Chicken Rice Casserole Mixed Greens Okra and Tomatoes Cornbread Margarine Birthday Cake Milk/Buttermilk</p>	<p>Menu 5 Spaghetti Casserole Green Peas Tossed Salad/Ranch Dressing Pineapple Tidbits White Bread Margarine Star Crunch Milk</p>
<p>Menu 6 Grape Juice Ham Macaroni Casserole Mixed Vegetables Roasty Applesauce Wheat Bread Margarine Molasses Cookie Milk</p>	<p>Menu 7 Sliced Turkey Dressing/Gravy Northern Beans Corn Salad Sliced Peaches Dinner Roll Margarine White Cake Milk</p>	<p>Menu 8 Blended Juice Meatloaf/Tomato Gravy Blackeyed Peas Cabbage Cornbread Margarine Glazed Fruit Milk/Buttermilk</p>	<p>Menu 9 Cold Plate - Chef Salad Diced Ham and Turkey Tossed Salad - 1 cup Cheese and Diced Eggs Italian Dressing - 2 for Chef Salad Fresh Fruit Multigrain Bread Margarine Fig Bar Milk</p>	<p>Menu 10 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Hot Apple Cobbler Milk/Chocolate Milk</p>
<p>Menu 11 Chuckwagon Steak Carlie Whipped Potatoes Buttered Carrots Sliced Apples Dinner Roll Margarine Chocolate Cake Milk</p>	<p>Menu 12 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Lemon Gelatin/Mandarin Oranges/ Pineapple Milk/Chocolate Milk</p>	<p>Menu 13 Ham and White Beans Mixed Greens Country Tomatoes Fresh Fruit Cornbread Margarine Peanut Butter Cookie Milk/Buttermilk</p>	<p>Menu 14 Orange Pineapple Juice Grilled Chicken Fingers/ Chicken Gravy (3 each) Country Potatoes Green Pea Salad White Bread Margarine Strawberry Swirl Pudding Milk</p>	<p>Menu 15 Apple Cherry Juice BBQ Rib Patty Mixed Beans Marinated Slaw Hamburger Bun Cranberry Congealed Salad Milk</p>
<p>Menu 16 Pineapple Juice Italian Beef Country Vegetables Cucumber Salad Multigrain Bread Margarine Vanilla Creme Cookie Milk</p>	<p>Menu 17 Apple Juice Turkey Pot Pie Three Bean Salad Peaches and Peas Dinner Roll Margarine Strawberry Cake Milk</p>	<p>Menu 18 Grilled Pork Patty/Creole Sauce Succotash Marinated Vegetables Fresh Fruit Wheat Bread Margarine Marble Pudding Milk Alternate: Sweet & Sour meatballs-3</p>	<p>Menu 19 Vegetable Plate Meatoni and Cheese Black Eyed Peas Green Bean and Tomato Salad Mandarin Oranges and Pineapple Cornbread Margarine Fudge Cookie Milk/Buttermilk</p>	<p>Menu 20 Grape Juice Tastyki Chicken Yellow Rice California Vegetables Multigrain Bread Margarine Tropical Fruit Milk</p>
<p>Menu 1 Blended Juice Chicken Chili Mac Green Peas Glazed Carrots White Bread Margarine Apple Spice Cookie Milk</p>	<p>THOUGHT FOR THE MONTH "If you FAIL to plan, You plan to FAIL!"</p>		<p>Helpful Hint "Read your SERVING GUIDE daily" Check your food temperatures for accuracy! Hot items below 140 degrees and Cold above 41 degrees Are not to be served... THEY MUST BE REPLACED!!!</p>	